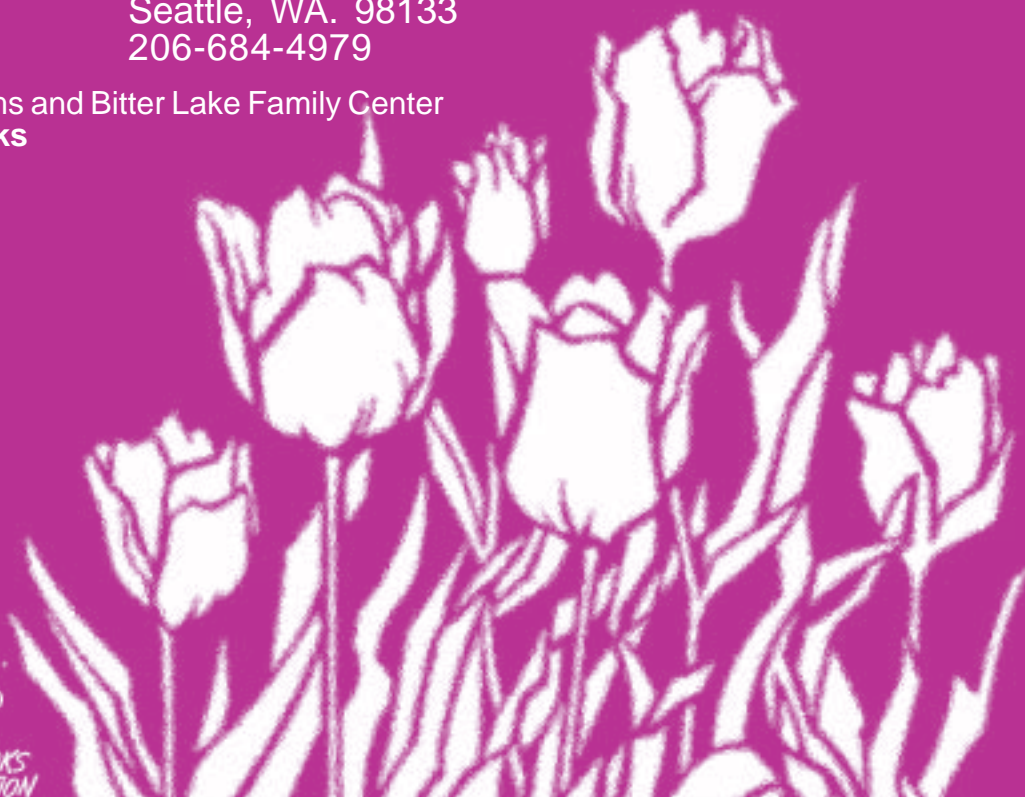


Bitter Lake Community Center
13035 Linden Avenue North
Seattle, WA. 98133
206-684-7524

Helene Madison Pool
13401 Meridian Avenue North
Seattle, WA. 98133
206-684-4979

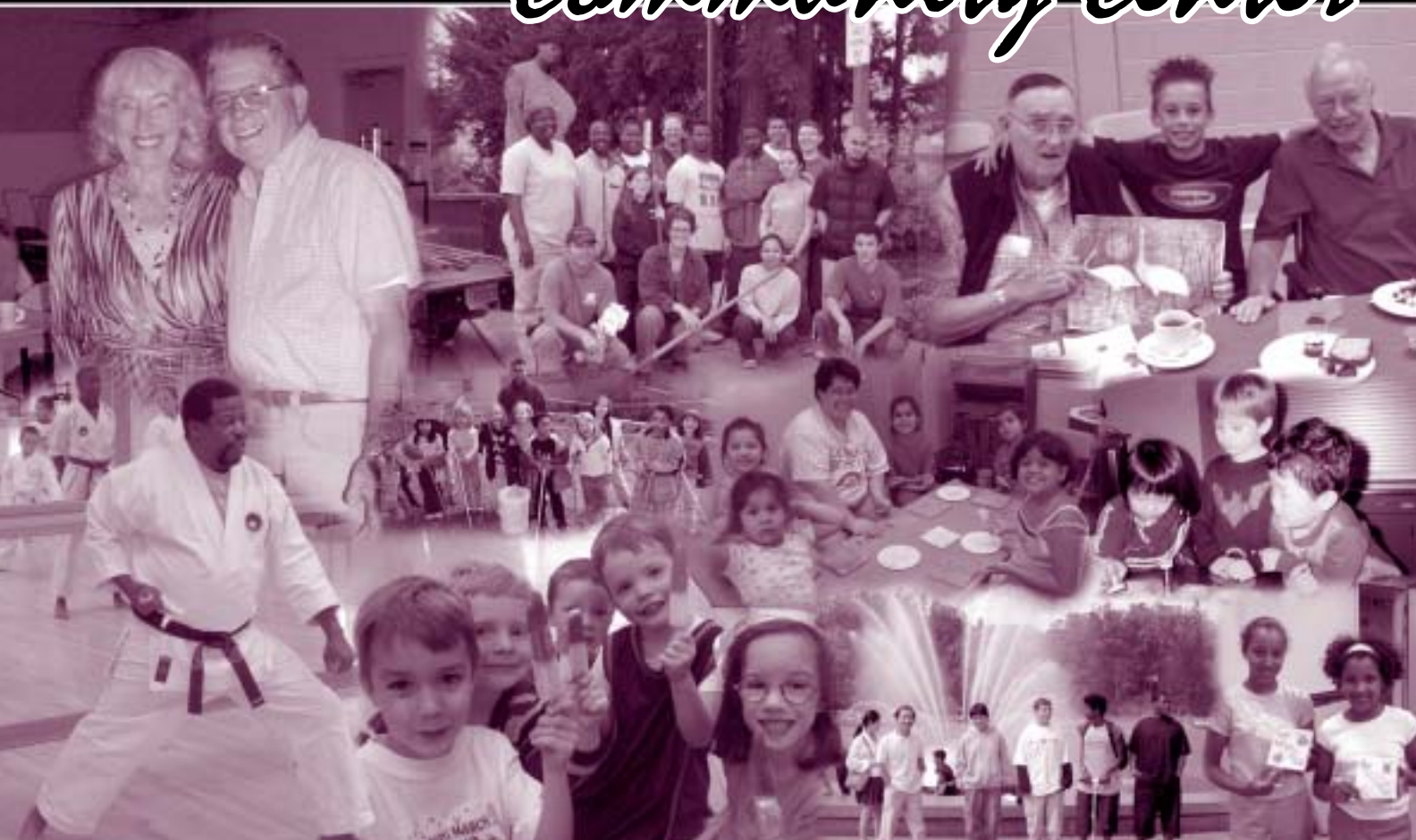
Also featuring Senior Adult Programs and Bitter Lake Family Center
www.ci.seattle.wa.us/seattle/parks

Spring
2003



Bitter Lake

community center



General Information

Bitter Lake Community Center

Phone: (206) 684 - 7524
TDD: (206) 233 - 7061
Fax: (206) 684 - 0858
Address: 13035 Linden Ave N.
Seattle, WA 98133

Spring Quarter

Registration:

Begins March 24, 2003
Spring Quarter classes **begin** April 14th
Spring Quarter classes **end** June 13th

Holiday Closures:

Memorial Day May 26th

Community Center Staff

Barbara Wade	Center Coordinator
Cynthia Etelamaki	Assistant Coordinator
Debi Belt	Custodian
Joy House	Teen Development Leader
Marc Hoffman	Recreation Attendant
Michio Iminaka	Recreation Attendant
Alicia Fitzner	Recreation Attendant
Amy Gonzalez	Recreation Attendant
Zach Sorola	Recreation Attendant
Tanaia Keyes	High School Intern
Ngoc Nguyen	High School Intern

Advisory Council

Julie Morse	President
Gary Gollier	Vice President
Lucille Getchell	Treasurer

Members:

Margerite Daoura	Ray Langberg
Herb Getchell	Arlene VanderKlomp
Tom Hollowed	Carol Zwiebel

Table of Contents:

General Information	2
Special Events/Family Programs	3
Preschool Programs	4
School Age Child Care Programs	5
Youth Arts	6 - 8
Youth Sports	9
Teen Programs	10 - 11
Adult and Senior Programs	12 - 13
Senior Adult Programs	14 - 15
Bitter Lake Family Center	16 - 17
Registration Procedures	18
Helene Madison Pool	Reverse side of brochure



We are looking for people with great class ideas and the desire to teach at Bitter Lake. Call 684-7524 to share your new class ideas.

Special Events and Family Programs

Spring Egg Hunt



It's time again for our annual egg hunt at Bitter Lake! This fun youth event is for children ages 2-10. There will be separate hunting areas for particular age groups. Everyone should meet at the Bitter Lake Annex (Broadview Gym) and the hunt will begin at 10am on the dot, so make sure that you are on time! Please bring a basket to gather your candy and eggs.

Saturday, April 19 | Starts at 10am | Free!

Friday Family Skate Night

Bring your family for a night of skating fun! Games, prizes, music plus a whole lot of fun. Bring your own skates/blades or use a pair of our skates. The snack bar is open and sells candy, chips, juice and more.

Dates: EVERY FRIDAY!!

Time: 6:30-8:30pm @ the Annex

Cost: \$3 per person



Teen Flashlight Egg Hunt

Thursday, April 17

Teens bring your flashlight to the hunt and search for prizes and candy in the dark! The hunt begins at 8:30 sharp so don't be late! Make sure you are at the center by 8:15 and ready to search for eggs and candy!

Preschool Programs

We are currently registering for PM Preschool only. All other Discovery Corner programs are full.

Discovery Corner Preschool PM

Join the fun! Get ready for kindergarten! Make new friends! Learn the alphabet and numbers through play in a creative, loving, & positive environment. Activities include arts and crafts, science, music, gym and outdoor play. A mid-morning snack is provided by parents. Children must have independent toileting skills.

Instructor: Becca Moore

Ages: 3-5 \$120
M/W/F 9:30am - 12:30pm

Registration for Fall 2003 Discovery Corner and Discovery Corner Junior begins May 12th.

Discovery Corner AM

M/W/F 9:30 - 12:30 Ages 3-5

Discovery Corner PM

M/W/F 1:30 - 3:30 Ages 3-5

Discovery Corner Jr.

T/Th 9:30 - 11:30 Ages 2-3

Creative Movement

Beginners experience the joy of dance, learning basic movement, vocabulary and beginning ballet through fun dances and rhythmic games. Instruction is designed to promote an environment where students work together as a group. Please wear a pink leotard, pink tights & pink slippers.

Instructor: Sarah Armstrong

Saturday 4/19 - 6/14
Ages: 3 - 4 10:30am - 11:15am
\$65

Toddler Open Gym

Monday 10:45am - 12:30pm
Wednesday 12:00noon - 2:00pm
Fridays 11:00am - 12:15pm
\$1 per child

There are lots of toys and equipment to play with that are safe and a lot of fun and lots of friends to play with too! Please purchase a quarterly punch card at the front counter. Each punch is \$1.

Preschool Summer Camp

Preschoolers discover their world in a fun-filled way! Each week of camp is filled with amusing crafts, games, books and activities that are centered around each weekly theme.

Registration is on March 31st at 6pm.

M-F Ages: 3.5 - 5
\$70/Week
Morning's 8:30am - 12:00pm
Afternoon's 1:00pm - 4:30pm

6/23 - 27 Bugs
6/30 - 7/3 Planes, Trains and Automobiles
7/7 - 7/11 Oceanic Antics
7/14 - 7/18 Winter in July
7/21 - 7/25 Fantasy and Fairy Tales
7/28 - 8/1 Fine Feathered Friends
8/4 - 8/8 Space Exploration
8/11 - 8/15 Carnival Spectacular
8/18 - 8/22 Dinosaurs
8/25 - 8/29 A Very Merry Birthday

Just Starting Sports

This class for ages 3-6 will introduce your child to the basics of sports. In this intro to sports class, the participants will get comfortable with their body movement and handling of sports equipment at the same time. Skill building and enjoyment are the emphasis of this class for first timers.

Instructor: Zach Wilson

Tuesdays 4/22 - 5/27
Ages: 3 - 6 1:00 - 1:45pm
\$30

Pre-Ballet

This class is designed to help children tune into their bodies by developing their motor skills, coordination and their ability to follow instruction in a series of fun and challenging progressive exercises that will eventually evolve into the beginnings of Ballet technique. Please wear a white leotard, pink tights & pink slippers.

Instructor: Sarah Armstrong

Saturday 4/19 - 6/14
Ages: 4 - 5 11:15am - 12:00noon
\$65

School Age Child Care Programs

School - Age Child Care Programs

These recreational based child care programs serve youth in grades Kindergarten through fifth. A variety of activities are available to satisfy various interests and age groups. Please call to check on available openings. Information on each specific program follows. Child care programs, except for Parent's Night Out, are at Bitter Lake Annex next to Broadview Thompson School at 13040 Greenwood Ave N 98133.

Summer Day Camp 2003

It's time to start thinking about Summer Day Camp! Get out your calendar and come and register your child for our weekly Summer Day Camp. You can register for one week or all 9 weeks. Our three camps offer grade appropriate activities for your children to have fun and learn too! We offer...

Cool fieldtrips! **Water sports**
Creative individual and group projects
Special Visitors **Special Events**

All in all a fun environment with caring staff at a great facility...

Three gymnasiums **Playgrounds**
Large outdoor courtyards
Work stations **Wading pool**
Wooded Trails **Lovely lake**

We are certified by the Department of Social and Health Services of Washington as a licensed childcare provider. Register now according to your child's grade in the fall of 2003: K - 2nd, 3rd to 5th, and 6th to 8th.

Camp times are 7am - 6pm, Monday - Friday. Registration begins March 31st at 6pm and continues until each week is full. At time of registration a payment of one week in full and a \$25 deposit per week is due.

\$125 / week

Ages 5 - 13

Parents Night Out

It's your turn to take time for yourself and go out for a night. Bring your child to the center for a fun night of activities, and you can go out for dinner, a movie, or both! The time is from **6:30 - 9:30pm. Please pre-register by the Wednesday before the date.**

Dates: 4/26 and 5/31

Cost: \$10 per child
(Minimum of 8 needed)

Before and After School Care

Registration for Fall 2003 is on Monday, March 31st at the center. **A \$50 deposit per program is due at time of registration.**

This program includes a range of activities for school-age youth K-5 such as art projects, cooking projects, gym games, outside play, and much more. A light snack is provided. Fees are based on monthly rates. Call 684-7524 to ask about openings.

Before School

Days: Monday - Friday
Times: 7:00 - 9:00 a.m.
Cost: 5 days/week = \$130
4 days/week = \$110
3 days/week = \$80
2 days/week = \$60

After School

Days: Monday - Friday
Times: 3:10 - 6:00 p.m.
Cost: 5 days/week = \$185
4 days/week = \$150
3 days/week = \$115
2 days/week = \$85

SCT Drama School Classes at Bitter Lake Community Center

To register for these classes, please call Seattle Children's Theatre Drama School at 206-443-0807, or register online at www.sct.org/classes.

DRAMATIC IMAGINATION

Feel alive with the power and magic of the imagination! You will use your body and voice to enter a world that you create with the rest of the class – complete with original characters, settings, and stories. Music, art, costumes, and props will inspire you as you explore and develop your imaginary world. Learn physical and vocal skills while sharing your ideas, feelings, and the characters and stories you create.

For students entering grades K-1

Mon. - Thurs. June 30 - July 3

10:00am - 12:30pm \$120

Class #: BL1

LEVEL 1: ACTING

You will learn the basic techniques of stage acting: using your voice, body, and mind to pursue objectives, overcome obstacles, create characters and scenes, and work as an ensemble. Level One Acting is designed to give students a working knowledge of basic acting theory and terminology. These classes serve as the foundation for our core acting program at SCT Drama School; we encourage students to take at least two sessions of Level One Acting.

For students entering grades 4-6

Mon. - Fri. June 23 - 27

10:00am - 12:30pm \$145

Class #: BL2

Beg. Dance Combo ages 3-5

What form of dance is your favorite? Try them all. Tap, ballet, and novelty jazz in one combo class. Dance attire required.

Instructors: Narda Elaine

Wednesday 12:00-12:45pm

\$55 4/16 - 6/4

Beg. Dance Combo ages 4-6

What form of dance is your favorite? Try them all. Tap, ballet, and novelty jazz in one combo class. Dance attire required.

Instructors: Narda Elaine

Thursday 12:30-1:15pm

\$55 4/17 - 6/12

Tumbling I ages 3-5

Basic stretching, movement and floor gymnastics. Students will be offered the opportunity to perform. Girls: leotards or swimming suit and shorts. Boys: short sleeved T-shirt with shorts or sweats. Lots of fun!

Instructors: Narda Elaine

Wednesday 12:45-1:30pm

\$55 4/16 - 6/11

Piano Lessons

Private lessons in 30 minute blocks for beginning or continuing students. Homework will be assigned, so access to a piano or keyboard is essential. Call 684-7524 to arrange a time. There will be a recital at the end of the quarter.

Instructor: Sean Barker

M/W or F 4/14 - 6/13

\$140 per quarter
(10 lessons)

Move Over Mozart

Here is a piano program designed especially for kids! Children progress from learning to play simple familiar tunes on the keyboard, along with reading music and music theory, in a fun, interactive group setting. These musical activities not only teach piano playing piano skills, but also promote feelings of accomplishment and self confidence. Children will participate in recital in June. Classes held at Bitter Lake.

**To register please call (425) 415-6520
or (206) 227-1611.**

10 Week Session: \$79

(+ \$10 annual registration/books/materials fee)

Days: Wednesdays

Dates: 1/15 - 3/26 (No class 2/19)

Ages: 5:00 - 5:30 3-4 yrs old

5:30 - 6:00 5-6 yrs old

6:00 - 6:30 7-8 yrs old

6:30 - 7:00 9-12 yrs old

7:00 - 7:30 5-6 yrs old

Kids Cooking - Petit Gourmet

In this fun cooking class, participants will learn the joy of preparing, cooking and tasting creative and tasty dishes. They will learn their way around the kitchen, learn to read recipes and be exposed to a variety of ingredients. Rosangela is a professional caterer who has taught classes to youth and adults for over 15 years.

Instructor: Rosangela Seppela

4/14 - 6/9 4:30 - 6:30pm

Ages 8 - 13 \$50

Ballet I

This class picks up where pre-ballet leaves off, continuing the process of harmonizing the dancer's mind and body to the discipline of the art form of ballet as more and more dance vocabulary and technique is introduced. Please wear a blue leotard, pink tights & pink slippers.

Instructor: Sarah Armstrong

Saturdays 4/19 - 6/14

Ages 6 - 8 12:00 - 1:00pm

\$75

Ballet I/II

This class is a continuation of Ballet I, continuing the process of harmonizing the dancer's mind and body to the discipline of the art form of ballet as more and more dance vocabulary and technique is introduced. Please wear a blue leotard, pink tights & pink slippers.

Instructor: Sarah Armstrong

Saturdays 4/19 - 6/14

Ages 8 - 10 1:00 - 2:00pm

\$75



Youth Arts continued

Dance Classes

Beginning Baton ages 6 - 10

Lead the parade! Don't let baton twirling become a "lost art"! Ex-twirler, with the "Scarlet Lancers", Narda Elaine, will teach technique, appropriate dance moves and march. Batons available for \$2.25 each (or borrow one of ours). Please wear dance attire or short sleeved T-shirt with shorts or sweat pants.

Instructors: Narda Elaine

Thursdays 5:30 - 6:00pm
\$38 4/16 - 6/11

Baton II ages 7 and up

Lead the parade! Don't let baton twirling become a "lost art"! Ex-twirler, with the "Scarlet Lancers", Narda Elaine, will teach technique, appropriate dance moves and march. Batons available for \$2.25 each (or borrow one of ours). Please wear dance attire or short sleeved T-shirt with shorts or sweat pants.

Instructors: Narda Elaine

Wednesday 4:15 - 5:00pm
\$38 4/16 - 6/11

Jazz/Hip Hop ages 7-11

Learn all the newest, funkier moves and even a routine or two for performing. dance attire required.

Instructors: Debbie Saucedo

Wednesday 5:00 - 6:00pm
\$65 4/16 - 6/11

Floor Gymnastics ages 6 - 10

Learn the basic skills and movement of gymnastics. Gymnastic routines will be taught and students will be given the opportunity to perform. Girls wear leotards and bare feet or gymnastics shoes. Boys wear short sleeved t-shirt with shorts or sweats and bare feet or gymnastic shoes.

Thursday 4:30 - 5:30pm
\$65 4/17 - 6/12

Ballet Lyrical ages 7 - 11

Strong technique and Lyrical movements. Routines will be learned and performance opportunities will be offered. Dance attire required.

Wednesday 6:00 - 7:00pm
\$65 4/16 - 6/11

Ballet/Tap Combo ages 7-11

Beginning Intermediate Tap and Ballet:

Basic Skills will be enhanced by learning to put the routines to music and the children will have the opportunity of performing. Dance attire required.

Instructors: Narda Elaine/Debbie Saucedo

Thursday 5:00 - 6:00pm
\$65 4/17 - 6/5

Youth Sports and Programs

Kendo

Kendo, a highly technical Japanese sport, develops eye-hand coordination, self-discipline and the basic principles of self-defense.

Thursday 7:40-9:00pm
4/16 - 6/12 Ages 6 - 11
\$50

Karate-Butokukan

Improve your body and mind through techniques followed in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

Instructor: Roy Hoard

Mon., Wed. 4/14 - 6/11
Beginners: 7:00 - 8:00pm
Inter./Advan.: 7:30 - 9:00pm
Ages 7 - 17 \$55

Roller Skate Lessons

We have classes for beginning and intermediate skaters and roller-bladers. Learn how to skate or improve your skating skills while you to skate to cool music while playing fun games. Learn neat tricks and new techniques! Roller-blades are welcome.

4/18 - 5/30 Ages 5 - Adult \$30

Bitter lake Summer basketball camp

In its 17th year with director Phil Falk, we are proud to continue to be offering high quality, personalized instruction at an affordable price. The camp will accentuate the fundamentals of basketball through drills and provide ample opportunity for the development of these skills via actual game situations. Sign up for one or two weeks.

Week 1	July 14 - 18	Cost:
Week 2	July 21 - 25	1 week \$48
Entering grades 2nd - 5th		2 weeks \$80
Entering grades 6th - 9th		9:00am - 11:00am
		11:00am - 1:00pm

The Basics of Basketball

In this 6 week class the participants will learn the basics of basketball fundamentals. They will learn proper footwork, passing, dribbling, and other team concepts. Raymond is an experienced coach and basketball referee. Bring a ball and water bottle.

Instructor: Raymond Trayhand

April 17 - May 22 6:00 - 7:00pm
Ages 8 - 9

Spring Sports

Registration begins March 10th. Practice days and times are determined by the availability of volunteer coach for each sport. T-Ball, Coach Pitch and Girls Softball games are on Saturday mornings and afternoons. Track practices and meets are weekday evenings. We are looking for volunteer coaches to help in our youth sports programs. If you are interested please call 684-7524 for more information.

T-Ball

Ages 5 - 7 \$35

This introduction to sports focuses on skill development and a fun experience. Teams play against other Bitter Lake teams. All practices and games will be at the Bitter Lake fields.

Coach Pitch Softball

Ages 8 - 9 \$35

Join this fun program geared towards skill building and teamwork. Teams play other Bitter Lake teams.

Girls Softball

Ages 10 - 17 \$40

Age groups are 10-11, 12-13, and 14-17. Teams play other community center teams. Players need a copy of birth certificate at time of registration.

Track & Field

Ages 7 - 17 \$35

Develop and improve your running, jumping, endurance and track skills. Compete against other community centers. Meets are at Nathan Hale and West Seattle Stadium.

Spring Drop-In Basketball

During the Spring, we will have open gym times available:

M - F 3:00pm - 6:00pm

Schedule subject to change.

Teen Programs

TAC (Teen Advisory Council)

The Bitter Lake Teen Advisory Council is the Hot Line to all your Service hour needs. Whether you need community service hours or an advisor and location for your senior project, the Bitter Lake TAC is the place for you. BLTAC members will learn to organize promote and put on all types of events as well as learn techniques in public speaking, resume writing, personal economics, communication skills, teamwork and influencing others. All Friday's at the Annex, except for the fourth Friday.

1st and 3rd Wednesday
5:30pm - 7:30pm

Teen Room
Free

Friday Frolics

First Friday (late night)
Really Big Picture show
Sport Styles
No Parking Zone
(*field trip or special event*)

8:30pm - 11:30pm
\$2

1st Friday @ The Annex
2nd Friday @ The Annex
3rd Friday @ The Annex
4th Friday @ TBA

The Annex

Teen Special Events

April 4 th	Youth Appreciation week kickoff party @ Seattle Center
April 9 th	Amazing Race
April 17 th	Teen Flashlight Egg Hunt
April 26 th	Community Clean up
April 22	Earth Day Beach Clean Up
May 3 rd	Rummage Sale
May 7 th	Pool Tournament
May 16 th	Big 'OI BBQ and Beach Bon Fire @ Golden Gardens (NO LATE NIGHT)

NO LATE NIGHT MAY 23rd

June 6 th	Luau @ Rav. Eck 4-8pm
June 20 th	Teen Dance and Lock IN (No Late Night)

Slam Café

Can you flow? Do you have a favorite passage you want to share? Looking for a venue to present your own works of art? Just want to kick back, relax, and listen to some smooth words from smooth talkers? The Slam Café is the place for young adults to gather and share their writings. Spoken Word, Poetry, Lyricist, Rap, Songbirds, and Performance Arts all welcome. Coffee, soda, and pastries served. 1st half hour is devoted to a writing workshop.

4th Tuesday
6:30pm

Teen Room
Free

Teen Talk

Let's give them something to talk about! From global events to local happenings this is all about you and what's on your mind. This self-directed group is uncensored and uncut. It's your time to speak your mind. Show up and tell em how you feel. (Topics subject to change based on current events).

April Topic: The pick up artist's best and worst pickup lines

May Topic: Teens on Wheels: Teens drivers' license and insurance workshop

June Topic: So summer's here and I don't have a job! Learn ways to make cash over the summer break.

2nd Wednesday
5:30pm

Teen Room
Free

Narrowing the Gap: An Intergenerational Interviewing Project

This project is a Seattle School District service learning project approved for up to 25 hours.

What was life like in 1913, 1933, or 1953? What was considered pop culture? What was trendy then and has become a staple now? What were the cool cars? Were cars even invented yet? Who was on TV? Who was president? What was the cool dance? Interview someone from a different generation and discover how times have changed and what has stayed the same. Create a better understanding between generations and reinforce the importance of our elders' knowledge. After the interviews are complete you will create a multi media presentation and help plan an event to honor all the seniors in the community and bring back some favorite memories.

Tuesdays
April 15th - June 10th

5:30 - 7:30pm
Free

Teen Programs

Youth Appreciation Week Events

April 4th-11th

Fri., April 4th Seattle Center House, 4:00pm
Kickoff Event

Tues., April 8th Magnolia CC, 6:00 - 9:00pm
Teen Fear Factor

Wed., April 9th Throughout city, 11am-5pm
Amazing Race: Race for fun and prizes on Seattle Metro transportation. Find clues to your destination and solve puzzles for your next clue.
See TDL for registration information.

Thurs., April 10th Mont lake CC, 8:00pm - 8:00am
Teen Dance and Lock In.
See TDL for Registration information

Fri., April 11th Green Lake CC, Noon - 2:00pm
North end Community BBQ

Fri., April 11th Seattle Center House, 6:00 - 9:00pm
TLC Talent Showcase and Dance. \$500.00 first place prize.
See TDL for registration information

Teen Flashlight Egg Hunt

Thursday, April 17

Teens bring your flashlight to the hunt and search for prizes and candy in the dark! The hunt begins at 8:30 sharp so don't be late! Make sure you are at the center by 8:15 and ready to search for eggs and candy!

Art Work Shops

Thursdays in March

4:00 - 5:30pm

April 3rd

Rubber Stamp Making

Supply Fee

\$5.00

April 24th

Drying Flowers and Flower Arranging

\$5.00

May 1st & May 8th (two day workshop)

Make your mom a "Pamper Her" Mothers Day basket

\$15.00

May 15, 22, 29 (three day workshop)

Sculpt, paint and fire a pottery jar

\$10.00

June 5th & 12th (two day workshop)

Make your dad a "Pamper Him" Fathers day basket

\$15.00

Opportunities to do Community Service Hours at Bitter Lake Community Center

Computer tutorial	On going, time arranged call for times	Family center	Kathy Kreiss
Spring Rummage Sale	Feb. 5 th - April 26 th	Teen Program	Joy House
Child Care	Times to be arranged	BASK/Preschool/ Family Center/Teen Program	Zach Wilson, Becca Moore, Kathy Kreiss, Joy House
TAC	On going 1 st & 3 rd Weds.	Teen Program	Joy House
Narrowing the Gap	Tuesdays, 5:30 - 7:30pm	Teen Program	Joy House

Adult and Senior Programs

Hapkido

Hapkido is a Korean martial art. Hap translates as coordination or harmony. Ki as intrinsic energy, and Do as way. It is an integrated art of kicking, striking, patterns (series or arranged moves), and redirection of another's force through joint locks and throws. Weapons included. Hapkido is an excellent art for self defense while focuses on physical and mental health while being in harmony with one's environment. Tenets are practiced by the students and instructors, such as courtesy, patience, and right behavior.

Instructor: Susan Mix

4/14 - 6/13

M, W, Th	4:15 - 5:45pm	\$99
T, Th	6:30 - 8:30pm	\$75

Karate-Butokukan

Improve your body and mind through techniques followed in this ancient martial arts form. Learn basic strikes, kicks, and stances. Participants test for the belt rank at their own pace.

Instructor: Roy Hoard

Mon., Wed. 4/14 - 6/11

Beginners: 7:00 - 8:30pm

Intermediate/Advanced: 8:00 - 9:30pm

\$55

Jazzercise | Continuous Program

The worlds largest dance fitness program combines total body conditioning, the benefits of aerobics with the fun of dance. What sets Jazzercise apart is the choreography by Judi Sheppard Missett. Its easy, fun, and you'll love the results! Each class is one hour long and includes: warm-up, aerobics, toning and strengthening and cool down. It's a total body workout! Please register for each class at the door with the instructor. www.jazzercise.com

Certified Jazzercise Instructors:

Kathy Batson and Sandy Ziegler

Mon., Wed., Fri. 9:30am

Tues., Thurs. 6:30pm

Saturdays 9:00am

5 Classes \$25 (new student special)

Drop in fee \$7

Monthly passes available

Kendo

Kendo, a highly technical Japanese sport, develops eye-hand coordination, self-discipline and the basic principles of self-defense.

Thursday 7:40 - 9:00pm

4/14 - 6/12 \$55

Photo and Memory Preservation with Creative Memories

Instructor: Dayna Campbell

The class instructor is an experienced scrapbooker as well as a professional Creative Memories Consultant.

Level I

Learn how easy it can be to sort through all you great photos and memorabilia of family, friends and vacations and put them into quality permanent albums you'll love. This class includes information on photo safety, organization, cropping, journaling tips, and how to create beautiful albums that are meant to last for generations. The information is presented with an emphasis on completing albums in a fast, fun and easy way.

Anyone who takes photos, or has photos stored in an unsafe environment, such as shoeboxes or old style magnetic albums will benefit from this class. Participants will need to bring six to eight photos of one event or occasion. They will take home a completed album page, a class booklet, a 4x6 photo file and a Creative Memories product catalogue.

April 25 1:00pm - 4:00pm
\$20

Level II

Learn to use additional cutting tools to create and decorate elements to further enhance your pages. Level I recommended but not required.

May 17 1:00pm - 4:00pm
\$20

Level III Workshop

Bring your photos and supplies and have uninterrupted time to work on your albums alongside other memory-making enthusiasts. There will be a brief lesson by the instructor describing a new technique which includes a handout.

June 21 1:00pm - 5:00pm
\$10

Adult and Senior Programs

Workout for Ladies

Mon., Wed.: 7:00 - 8:00pm
Session 1 4/14 - 5/14
Session 2 5/19 - 6/18

\$55/Session

Instructor: France Marien

Ladies, make time for your workout to be healthy, fit, calm and serene. Perfect for ladies 35 and up. Each one hour class includes: warm-up, low impact aerobics, weights, abs work, toning, stretching, and FUN. Bring your hand weights (1, 2, 3, or 5 pounds), a towel, and a bottle of water. Sorry guys, this class is only for the ladies.

About the instructor:

France Marien started performing as an acrobatic dancer in 1985. She has performed and given movement workshops across the U.S., France and in Canada. France is currently teaching her class at Viewlands.

Indian Food Cooking Class

Instructor: Sadia Bukhari

Indian food has globally inspired food lovers by combining fresh spices, seeds and herbs in their daily cooking. The instructor, Sadia Bukhari, is an experienced cook and instructor in East Indian Culinary arts. Sadia will provide you with a carefully planned menu that is sure to be delight as an average night's dinner or a special luncheon with your friends and family. Don't miss the opportunity to learn the real taste of Indian cuisine by the use of these fabulous recipes: Chicken Curry, Indian Flat Bread, SheerKhorma (desert), Tomato, Onion and Cilantro Salad.

Tuesday 4/29 or 5/13
6:00 - 9:00pm \$15 per person

Table Tennis Open Play Hours

Come and play with and against other table tennis players. Players of all ages and levels welcome. \$3 drop in fee.

Tuesday 5:00pm - 9:00pm
Friday 5:00pm - 9:00pm
Saturday 2:00pm - 5:00pm

Senior Dance

Ballroom Dancing

Thursdays 1:00 - 3:00pm

\$2.50 donation

Step out with the Peptones for our weekly Senior Adult Dance. Enjoy good friends, food, and creative weekly themes. Lucille Getchell is our lovely hostess who puts on a fabulous dance.

The Needlers

A group of needle working seniors from the Bitter Lake area meet at Bitter Lake Community Center to work on their projects. Every second and fourth Tuesday of the month from 12:00 - 3:00 pm. Come and join them and share and enjoy each others company.

Senior Adult Pickle Ball

Pickleball is a great low impact, cardiovascular sport that is fun to play. We offer 2 days of pickleball, so there must be a day you can come in and play this fun sport! Our new schedule is:

Tuesday: 10:30am - 12:30pm

Friday: 12:30pm - 2:30pm

Senior Adult Programs

REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

206-233-7138

Recreation Specialist: Stacie Sheridan
Spring Quarter Dates: April 7 - June 20
No Programs: May 26

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins March 17. Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs, ATT: Stacie, 8061 Densmore Ave. N, Seattle, WA 98103.
Make checks payable to 'SAAC'

N.W. DIVISION SITES:

Ballard CC	6020 28th Ave NW
Bitter Lake CC	13035 Linden Ave N
Loyal Heights CC	2101 NW 77th St

Summer Planning Meeting

Always on the lookout for something new! Bring newspaper clippings, ideas for classes/workshops/trips.

April 2	Walking	9:00-10:00am	Ballard
April 2	Trips	10:15-11:30am	Ballard

Lunch Club

Explore the hottest local foods with fun people. Register March 17th to reserve your seat. 233-7138. Limited capacity. There is automatic 17-20% gratuity on your table's tab. Meet at Ballard CC. 11am. Each trip is \$2.00 paid in advance. \$=\$10.00

Blue Onion Bistro	\$	April 1
727 Pine	\$\$	May 6
Bacchus Greek	\$	June 3

MADCAP MOVIES & LUNCH \$5.00 each

These 2 films celebrate the golden age of American comedy film, followed by a delicious lunch and beverages. Monday 10:15 – 1:00 pm at Ballard CC

Please pre-register. 233.7138

City Lights (1931)	April 28
My Man Godfrey (1936)	May 19

Fitness

SENIOR AEROBICS | \$18.00

Time to re-energize and feel better. Our low impact aerobic classes are taught by certified instructors.

S. Sheridan Thurs 9:00am Bitter Lake

SR. BODY CONDITIONING | \$22

This class combines dynabands and free weights for overall strength conditioning.

B. Ode Tue 10:45am Bitter Lake

YOGA & MEDITATION | \$22 - 1 day week

Practice positions to build strength/flexibility and deepen relaxation to improve daily life.

S. Denison Thurs 10:15 - 11:15am Bitter Lake

DROP-IN PICKLEBALL | Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging!

Tuesdays	10:30 - 12:30	Bitter Lake
Fridays	12:30 - 2:30pm	Bitter Lake

Dancing

BALLROOM DANCING | \$2.50

Step out with the Pep Tones during a weekly senior dance. Enjoy good friends, food, and weekly theme.

Thursdays 1:00 - 3:00pm Bitter Lake

Cards and Games

ACBL ACCREDIT INSTRUCTOR: GEORGE WEAVER.

INTERMEDIATE BRIDGE INSTRUCTION | \$25.00

Lecture on intermediate strategy. Playing time after:
Mondays 10:30-12:30 pm Bitter Lake

BRIDGE WITH GEORGE | \$25.00

Improve bidding, and defense. George will answer any questions & help you play a better game.
Friday 12:30-2:30pm Bitter Lake

Computers

COMPUTERS FOR SENIORS | \$35.00

Want to learn how to use a computer? This class is for you. Classes are 2-days a week: Mondays and Wednesdays. You must pre-register and pay for this class in advance. They fill up very fast!!!

Instructor: Gayle Rydberg

Beginners 10:00 - 12 noon Bitter Lake

Senior Adult Programs

Helping Hands

An opportunity to give back to our wonderful Seattle Parks. Simple, 1 hour, non-strenuous work/socialize. Bring a sack lunch. We provide hot drinks & treat. Pre-register, 233-7138, March 25, 8:00 am. Name the Parks you'll help with. Van pick-up: Ballard It is a great time!

	9:00 - 3:00pm	Earth Day Party
April 22	9:00 - 2:00 pm	Carkeek Park
May 13	10:15-1:15 pm	Atlantic Street Nursery
June 10	10:15-1:15 pm	Discovery Park

Cooking Club

Roseangela creates new, exciting dishes. You'll receive recipes and have lunch. Each class fee is \$10.00. Class starts at 10:00 am – 12 noon

30-MINUTE GOURMET | April 15

Guest coming! Don't Panic! You took this scrumptious class and have the secrets. Bitter Lake

EASY ONE-DISH VEGETARIAN MEALS | May 27

Don't be a slave to your kitchen - eat balanced, delicious meals that won't keep you from Spring time fun. Bitter Lake

Arts and Crafts

WATERCOLOR | \$60.00

Develop your own style. Bring your paints, brushes and a joy for painting. Lots of guidance and support with a demonstration after each lesson. Beginners/all skill levels welcome.

Monday	10:00 - 12:00pm	Bitter Lake
--------	-----------------	-------------

INTERMEDIATE DRAWING FOR FUN | \$40.00

Pencils / charcoal, we'll focus on perspective, proportions, and importance of composition. Students enjoy short class demonstrations, and critiques from peers. Instructor: Kathleen McHugh.

Thursdays	10:30 - 12:30	Bitter Lake
-----------	---------------	-------------

Special Events/Workshops

EARTH DAY PARTY AT CARKEEK | FREE

In recognition of Earth Day – April 22 join us as we walk through this lucious park, participate in a work party, bring your Spring Bonnet to win world famous ZOO DOO & other super prizes, a delicious BBQ lunch. Pre-register before April 11th so we have enough food, 233-7138. Pick ups: Ballard 9am/ Loyal Heights 9:15/Bitter Lake 9:30 9:00am - 2:00pm

JAYLA'S & STACIE'S FABULOUS SPRING PARTY | \$5.50

Celebrate spring! Enjoy fabulous fried chicken & Jo Bell's famous baked beans. Take in Seattle's Tilth Gardens. Register at 386-9106 & pay early so we have enough chicken. June 6 (Fri) 11:00am-1:00pm Meridian Park (Good Shepard Home) 4649 Sunnyside Ave N)

South Bound Trips:

B-Lake- leave 30 minutes, Loyal Heights 15 min before time listed, Ballard time listed

North Bound Trips:

Ballard 30 minutes early, Loyal Heights 15 minutes earlier, Bitter Lake time listed.

Vans will only wait for late people for 5 minutes.

Delightful Hikes and Walks

HIKES / WALKS 10:15am – 3:30pm \$3 each

Register: call Mar 25, 8am at 233-7138. Name the walks you'll be attending. Rain or shine. Sack lunch on your own.

Wear proper walking shoes. Pick-Up: Ballard CC

Des Moines Creek Park Trail	April 15
Pioneer Park Trail	April 29
Renondo Beach.	May 20
Heirman Wildlife Park	May 27
Iron Goat Trail	June 17

Trips

Registrations Begin At 8:00 a.m.

BAINBRIDGE ISLAND – NATURALLY | \$9.50

Tour **Island Wood**, a new school in the woods where everything is focused on environmentalism. Then on to **Bloedel Reserve** for more blooms. Lunch and admission on your own. Ferry included.

April 9 (S Bound) 8:30 - 4:30pm Reg: March 18

VASHON ISLAND IN A JAM | \$9.50

This is a gorgeous island, lets go explore. Ferry included. Lunch on own.

April 16 (S-bound) 9:00 - 4:00pm Reg: April 1

SPRING HAS SPRUNG! | \$7.00

Black Diamond & Orting, Wa are not so ordinary. Come tour the private Chase Gardens. The Garden Conservancy has pioneered the preservation and restoration of this exceptional gardens. Then onto the Big Dipper Farm. for gorgeous and rare unusual herbs and perennials.. Lunch on own. \$4 tour at the door.

April 23 (S Bound) 9:00-4:30 pm Reg: March 18

ALL YOU CAN EAT CRAB FEED!!! | \$56.00

Sail on the scenic sound, feast on Dungeness crab, and explore tulip fields, Christianson's Nursery and immodest ice cream cones . No scholarships available.

April 30 (S-bound) 9:30-4:00 pm Reg April 8

GIGI/CIVIC LIGHT OPERA | \$18.00

Gigi is a beautiful and charming musical, sure to delight everyone that includes well-loved songs: "Thank Heaven for Little Girls," "I Remember It Well," and so many more. Lunch on your own.

May 4 (S Bound) 11:30 – 5:00pm Reg: April 1

JAZZ ALLEY TOUR & LUNCH | \$4.00

Tour this infamous alley, and then some new shopping center. Tour and lunch included.

May 14 (S-bound) 10:30-3:00 Reg: April 22

JAPANESE GARDEN IN THE SPRING | \$4.50 & HISTORIC PANAMA HOTEL & TEA HOUSE

1910 Panama Hotel designed by Seattle's first Japanese American architect Sabro Ozasa, houses the only remaining Japanese Bath-house (Sento) in the US. Tour the Japanese Garden in bloom.

Admission costs - \$7. total - paid at the doors. Lunch on your own.

May 21 (S bound) 9:30 – 4:00pm Reg: May 6

2 PIANOS, 4 HANDS REP THEATRE | \$14.00

Two multi talented musicians tell the story of their piano-nerd childhood filled with loony piano teachers, pushy parents, and playing music for the sheer joy of it. Along the way, the musicians play 20 different characters and 20 different songs that hit just the right note.. 2pm show. Lunch on your own.

May 28 (S bound) 11:45-5:00pm Reg: April 29

ANACORTES & ORCAS ISLAND | \$14.00

These are 2 of the NW's best cities. Lets go explore . Ferry, coffee and treats included. Lunch on your own.

June 11 (N-bound) 8:00-8:00pm Reg May 27

BELLINGHAM - A WORK OF ART | \$8.00

Let's take a walking tour of Western's campus that is known for its art. Fun in Fairhaven Lunch on own.

June 18 (N-bound) 9:00-5:00pm Reg: June 3

Bitter Lake Family Center

Located inside the Bitter Lake Community Center

You are welcome to drop by to use the Family Center and its resources! The Family Center is open to visitors and program participants Monday through Friday at 12 noon and into most evenings. Children's Room Drop-in. Mondays and Fridays, 3:00 - 5:00 pm. Call (206) 368-0172 for information or class registration.

Parent Education

PEPS (Program for Early Parent Support)

Wednesdays, 9:45-11:45am. This drop-in support group is for parents/caregivers and their children, ages birth to 3. Informal sessions include creative activities, celebrations, educational discussions, and peer support. Call for more information or just come by to try it out. FREE.

La Leche League

Second Friday each month, 10:00-12noon. This drop-in group is a great source of information and support for mothers who are breast-feeding their children. FREE.

Motheread

Thursdays, March 20 - May 1, 10:30-12noon. In this 7-week adult literacy series, parents and caregivers of young children explore deeper meanings in familiar stories, discover creative ways to read to children, and experience new multi-cultural materials. Limited childcare. Registration required. FREE.

Parenting in the 21st Century

Wednesdays, 7:00 - 8:30pm. This ongoing 10 week series is designed to assist parents of children ages birth through 18 years. Learn to incorporate the newest, most useful parenting methods into your interactions with your child. \$30. Limited childcare. Registration required.

Calm Parents, Calm Kids

Thursday, May 22, 7:00 - 8:30pm.

Join us for a discussion of ways to keep ourselves and our children emotionally under control during these times of great uncertainty. From job loss to major illness to war, how can we deal with our own fears and ease the stressors on our children? Free. Limited childcare. Registration required.

Life Skills

Standard First Aid/Adult CPR

Saturdays, April 12 and June 14, 9:00-5:00pm. American Red Cross instructors facilitate this valuable workshop in our Family Center on the second Saturday of the month. To register, please call ARC at (206) 726-3534.

Infant-Child CPR

Saturday, April 19, 10:00-12noon. Medic II firefighters offer this vital information and hands-on practice for all those who have contact with infants and young children. Space is limited, so call the Family Center as early as possible. The class is FREE. Donations to Medic II encouraged.

Beginning ESL (English as a Second Language)

Tuesdays and Thursdays, 12:30 - 2:45pm. Please call for information about possible openings for spring and summer quarters. FREE. Limited childcare. Registration required.

Community Computers

Three computers in the Family Center have internet access for adult use in job search and locating community resources. Call to schedule one-to-one tutoring. FREE.

Family Council

Third Tuesday of each month, 7:00 - 8:30pm
Open to any participant/community member, you are welcome - and urged - to bring your ideas and concerns to the table. The Family Center strives to provide activities and services in response to the voiced needs of our community. Have we heard your voice?

Family Fun

Ocean Animals

Tuesday, April 8, 1:30 - 2:15pm.

This Seattle Aquarium event includes games, puppets, felt boards, and other fun ways to introduce preschoolers to Puget Sound invertebrates. Free. Registration required.

Animals on Parade.

Mondays, April 7 - 28, 1:00 - 2:00pm

This four week series of story times and activities for preschoolers features different animals each week - cats, frogs, winged critters, and dinosaurs. Free. Registration required.

Play to Learn

Mondays and Thursdays, 3:30 - 5:00pm.

Children in grades 1 - 6 are invited to join Robin Bridges for games and other fun activities that help kids improve reading, writing, math and creative thinking skills. Parents are encouraged to attend as well. Free. Registration required.

Kitchen "Science" for Kiddies.

Wednesdays, May 28 - June 11, 1:00 - 2:15pm

Here's a three-part series for 3 to 5 year olds and their caregivers. Parent/Child educator Dorothy Pinney shows families how to do fun "experiments" with simple ingredients. Free. Registration required.

Wiggle Wobble Whoop-de-doo

Wednesdays, March 12, 19, and 26, 1:00 - 2:00pm.

Preschoolers: Bring your adult to listen to music, make music, and dance with you. Don't forget your giggles and wiggles! Free. Registration required.

Pizza and a Swim

Friday, May 30. Join us in the Family Center between 6:00 - 7:00pm for pizza, salad, and dessert; then head over to Helene Madison Pool for a swim between 7:00pm - 8:00pm. Cost: \$1.50 per person. Registration required.



Please check our flyers and the Bitter Lake Banner newsletter for additional programs.

Registration Procedures

Registration Procedures

1. Registration (for most classes) continues until they are full.
2. Pre-Registration is required for all classes.
3. Registration can be made by phone, mail, or in person and must include complete payment with checks, money orders, or VISA/MASTERCARD. Checks should be made payable to Bitter Lake Advisory Council (BLAC) #27
4. Class size is limited and will be filled on a first-come first-served basis.
5. Classes not reaching a minimum enrollment may be canceled.
6. Fees apply to the cost of instruction, supplies, and equipment unless otherwise noted.
7. Some classes allow individuals to register in the middle of the session with a pro-rated fee.
8. Contact the center for more information.
9. **Scholarships are available.**

Policies and Procedures

ADA Compliance

Accommodation will be made upon request for persons with disabilities. If you need sign language, interpretation, auxiliary aids, or other accommodations, please call 684-7524 or (TDD only) 233-7061. If possible please allow ten working days advance notice for sign language interpretation or auxiliary aid. If a class or activity is scheduled in an area that is not barrier free for wheel-chairs we will make every effort to help you find a similar program in an accessible location.

Advisory Council

Make a difference! Join a team of devoted community members who are dedicated to promoting cultural, educational, and athletic programs. This volunteer group works closely with the Parks and Recreation staff to provide the necessary support needed to improve programs. If you are interested in joining the Bitter Lake Advisory Council, please call us at 684-7524. New members are always welcome!

Fees and Charges

The programs and activities listed in this brochure are provided by the Bitter Lake Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to offset the costs of these programs. The Advisory Council fees listed here include \$1 per class fee, which is paid to the Department of Parks and Recreation for each adult registered in a program; or 41.30 PER PARTICIPANT PAID TO THE Department for each athletic game as applicable. The Department uses the latter funds to defray the overall operation expenses. Class and program fees listed in this brochure include sales tax where applicable in accord with current provision of the State Tax Code enacted by the State Legislature.

Non-Discrimination

As a matter of policy and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. (Seattle Municipal Code 18.12.280)

Refund Policy

It is the policy of the Recreation Programs Division to make a full refund to participants who register for a program that is canceled by the Department for any reason. If a participant drops a class or program prior to the second session of a series, they will be charged for the class taken plus \$1 or 10% of the fee, whichever is greater will be retained. This service charge is to offset the Advisory Council's cost in handling the refund. If a participant drops a class or program after the second class of a series, no refund will be given.

Scholarships

Scholarships are available, as funds allow, for all programs through the Bitter Lake Advisory Council. Application forms are available at the center or call 684-7524 for more info.

Volunteers

There are a variety of volunteer opportunities at Bitter Lake Community Center for people of all ages.

Upcoming volunteer opportunities include:

- Volunteer Coaches for youth sports programs (softball, t-ball, track, etc.)
- Service hours for high school credit
- Other opportunities...just ask us!

Recreational Swim Programs

Adult & Senior Swim

Recreational swim period for adults age 19 and over. Four lap lanes are available. A two-lane area is open for personal fitness or rehab exercises. The shallow pool is occasionally reserved for classes.

Monday-Friday 12:00 - 3:00pm
Tuesday & Thursday 7:30 - 8:30pm
Sunday 11:30 - 1:00pm

Lap Swim

Continuous lap swimming in lanes designed as Slow, Medium, and Fast. Swimmers follow a posted set of lap swim guidelines. For adults, seniors, or youth.

Mon/Wed/Fri 6:00 - 7:00pm
Sunday 5:00 - 6:00pm

Family Swim

Bring the whole family. An excellent time to play. Children must be accompanied into the pool by an adult. Flotation toys are allowed in the shallow end. Single adults are also welcome.

Friday 6:00 - 7:00pm
Sunday 3:30 - 4:30pm
Sunday 5:00 - 6:00pm
(shallow end only)

Public Swim

Recreational swimming for all ages. Children under 3'8" tall must be accompanied by an adult in the water.

Monday & Wednesday 7:30 - 8:30pm
Friday 7:00 - 8:00pm
Sunday 1:00 - 2:30pm

Pool Rentals

We rent the pool for all special occasions.

Have A Swimming Birthday Party!

Fees begin at \$97.50 for 1 hour of pool time up to 30 people. We also rent the lobby for \$25.00 per hour. Call the pool cashier for availability and for further information at 206-684-4979.

Lifeguarding Programs

This program will be offered in the Spring of 2003. Become certified in American Red Cross: Lifeguarding skills/First Aid, CPR, Oxygen Administration, and Preventative Disease Transmission. Attendance is required at all classes to obtain certifications. Call now to be put on the class list!

A pre-test will be given on April 1, 2003 from 7:30-9:30 pm

Classes begin April 4th through May 9th

Every Tuesday and Friday from 6:00-9:30pm

Cost for the class is \$140.00 (includes class fee, book and pocket mask)

Daily Swim Schedule

Monday & Wednesday		5:00 - 6:30	Cascade Swim Club
7:45 - 12:00	Seattle Public Schools	12:00 - 3:00	Adult & Senior Swim
12:00 - 1:00	Water Exercise	4:00 - 6:00	Cascade Swim Club
6:00 - 7:00	Lap Swim	7:30 - 8:15	Aqua Jogging
7:30 - 8:30	Public Swim		
Sunday		10:30 - 11:30	Adult (Masters) Workout
10:30 - 11:30	Water Exercise	11:30 - 1:00	Adult & Senior Swim
1:00 - 2:30	Public Swim	3:30 - 4:30	Family Swim
5:00 - 6:00	Lap & Family Swim		
Tuesday & Thursday		5:00 - 6:30	Cascade Swim Club
7:45 - 12:00	Seattle Public Schools	12:00 - 2:30	Adult & Senior Swim
4:00 - 6:00	Cascade Swim Club	6:30 - 7:30	Adult (Masters) Workout
7:00 - 8:00	Water Exercise	7:30 - 8:30	Adult & Senior Swim
Friday		5:00 - 6:30	Cascade Swim Club
7:45 - 12:00	Seattle Public Schools	12:00 - 3:00	Adult & Senior Swim
12:30 - 1:15	Aqua Jogging	4:00 - 6:00	Cascade Swim Team
6:00 - 7:00	Lap Swim & Family Swim	7:00 - 8:00	Public Swim



Fitness Programs

Deep Water Jogging
 Deep water jogging is a non-impact exercise program designed to give the participant an aerobic workout while developing muscle tone, balance, and endurance. A special belt is used to keep the head above the water. This class uses resistance and floatation devices. The class is done to music. Drop in admission.

Adult Masters Workout
 A competitive workout for the experienced swimmer. Focus is on speed, strength, and endurance.

Friday	12:30- 1:15pm	Monday & Wednesday	7:30- 8:15pm
--------	---------------	--------------------	--------------

Water Exercise
 An exercise program in shallow water that incorporates stretching, aerobics, strengthening, and flexibility techniques. This class is done to music. No swimming is required. Drop in admission.

Adult Masters Workout
 A competitive workout for the experienced swimmer. Focus is on speed, strength, and endurance.

Tuesday & Thursday	6:30 - 7:30pm	Sunday	10:30 - 11:30am
--------------------	---------------	--------	-----------------

Swim Lesson Information

Kinder Lessons

Water adjustment and basic skills for the child 4 to 5 years old. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Monday & Wednesday	1:30 - 2:00pm
Monday	6:00 - 6:30pm
Tuesday	1:30 - 2:00pm
Wednesday	6:00 - 6:30pm
Tuesday & Thursday	5:30 - 6:00pm
Sunday	3:00 - 3:30pm

Tot Lessons

This class helps introduce your child (6 months to 4 years) to the pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment. Basic swimming skills and water safety are taught.

Tuesday	6:30 - 7:00pm
Thursday	6:30 - 7:00pm

*3 year old classes

This class follows the same class structure as the kinder lessons. Class sizes are smaller.
*Prerequisite Tot Class & Coordinator Approval

Wednesday	5:30 - 6:00pm
-----------	---------------

Adult Lessons

All levels of instruction for ages 14 and older. Lessons are structured around the needs of class participants.

Monday	7:00 - 7:30pm
Wednesday	7:00 – 7:30pm

Special Pop Lessons

These classes are for children with special needs.

Mondays	5:30 - 6:00pm
---------	---------------

Advanced Youth

These classes teach advanced skill and endurance through Levels 5, 6, and 7. Classes are held in deep water for children ages 6 to 13 years old.

Monday	7:00 - 7:30pm
--------	---------------

Beginning Youth

This lesson format provides a steady progression of classes for youth ages 6-13 that builds skills, teaches safety, and encourage fitness. They progress through four levels.

Monday	6:30 - 7:00pm
Tuesday	2:00 - 2:30pm
Wednesday	6:30 - 7:00pm
Tuesday & Thursday	5:00 - 5:30pm
Tuesday & Thursday	6:00 - 6:30pm
Sunday	2:30 - 3:00pm
Sunday	4:30 - 5:00pm

***A minimum of 4 students is required for ***all youth swimming classes.

Swim Team Prep

Competitive swimming skills and endurance training for youth with advanced swimming skills. This class focuses on the four competitive strokes; butterfly, backstroke, breaststroke, and freestyle.

Tuesday & Thursday	6:00 - 6:30pm
Thursday	2:00 - 2:30pm

1 to 1 lessons

Private instruction is available to adults and children. Call the pool cashier for further information. The cost of 1 to 1 lessons is \$22.00 per half an hour.

*Lesson registration information is on page 2 *



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for **FREE** swimming lessons for all 3rd and 4th grade students enrolled in **Seattle Public Schools**. The **FREE** swim lesson program is available for the first time beginner as well as the more advanced swimmer.

For "Learn to Swim" information, please call your local

Seattle Parks and Recreation swimming pool

Or visit the web

www.cityofseattle.net/parks/aquatics/learn2oswim.htm

Hints for Swimming Lessons

- Please sign children up for the correct age group lessons.
- Please do not sign children up for advanced classes unless they have passed levels 1-4.
- Please stay in the spectator area located on the eastside of the pool next to the bleachers during lessons.
- Please keep your children who are not in the program with you.
- Children who are not toilet trained must wear swimming diapers or a cloth diaper and plastic pants with tight fitting legs. No regular disposable diapers are allowed.
- Enrich children's swimming by coming to a public or family swim.
- Children who have lessons before or after a public swim may stay for the first 10 minutes of the swim only without paying. If they want to stay longer an admission fee will be required.
- Parents who wish to swim with lesson children during public or family swim before or after class must pay admission fees.
- We do not give credits or make-ups for occasional missed classes.

SWIM LESSON REGISTRATION INFORMATION

Session I Registration is Thursday, March 27th at 7:00 PM

Class	Day	Time	Dates	Classes	Fee
-------	-----	------	-------	---------	-----

Tots	Tuesday	6:30 - 7:00pm	April 1 - June 10	11	\$44.00
	Thursday	6:30 - 7:00pm	April 3 - June 12	11	\$44.00
(Birth to 4 years)					
3 year olds					
Kinders (4 - 5 years)	Wednesday	5:30 - 6:00pm	April 2 - June 11	11	\$66.00
	Mon & Wed	1:30 - 2:00pm	Mar 31 - May 7	12	\$48.00
	Monday	6:00 - 6:30pm	Mar 31 - June 9	10	\$40.00
	Tuesday	1:30 - 2:00pm	April 1 - June 10	11	\$44.00
	Wednesday	6:00 - 6:30pm	April 2 - June 11	11	\$44.00
	Tue & Thurs	5:30 - 6:00pm	April 1 - May 8	12	\$48.00
	Sunday	3:00 - 3:30pm	April 6 - June 8	10	\$48.00
	Monday	6:30 - 7:00pm	Mar 31 - June 9	10	\$40.00
	Tuesday	2:00 - 2:30pm	April 1 - June 10	11	\$44.00
	Wednesday	6:30 - 7:00pm	April 2 - June 11	11	\$44.00

Youth: Levels 1-4					
	Monday	6:30 - 7:00pm	Mar 31 - June 9	10	\$40.00
	Tuesday	2:00 - 2:30pm	April 1 - June 10	11	\$44.00
	Tue & Thurs	5:00 - 5:30pm	April 1 - May 8	12	\$48.00
	Monday	6:00 - 6:30pm	Mar 31 - June 9	10	\$40.00
	Sunday	4:30 - 5:00pm	April 6 - June 8	10	\$40.00
	Wednesday	6:30 - 7:00pm	April 2 - June 11	11	\$44.00
	Sunday	2:30 - 3:00pm	April 6 - June 8	10	\$40.00
	Monday	6:30 - 7:00pm	Mar 31 - June 9	10	\$40.00
	Tue & Thurs	6:00 - 6:30pm	April 1 - May 8	12	\$48.00
	Thursday	2:00 - 2:30pm	April 3 - June 12	11	\$44.00
Swim Team Prep					
	Tue & Thurs	6:00 - 6:30pm	April 1 - May 8	12	\$48.00
	Monday	5:30 - 6:00pm	Mar 31 - April 28	5	\$20.00
Special Populations					
	Monday	5:30 - 6:00pm	May 5 - June 9	5	\$20.00
	Monday	5:30 - 6:00pm	May 5 - June 9	5	\$20.00
Adults					
	Monday	7:00 - 7:30pm	Mar 31 - June 9	10	\$40.00
	Wednesday	7:00 - 7:30pm	April 2 - June 11	11	\$44.00

Session II Registration is Thursday, May 8th at 7:00 PM

Kinders (4 - 5 years)					
	Mon & Wed	1:30 - 2:00pm	May 12 - June 11	9	\$36.00
	Tue & Thurs	5:30 - 6:00pm	May 13 - June 12	10	\$40.00
Youth: Levels 1-4					
	Tue & Thurs	5:00 - 5:30pm	May 13 - June 12	10	\$40.00
	Tue & Thurs	6:00 - 6:30pm	May 13 - June 12	10	\$40.00
Swim Team Prep					
	Tue & Thurs	6:00 - 6:30pm	May 13 - June 12	10	\$40.00
	Tue & Thurs	6:00 - 6:30pm	May 13 - June 12	10	\$40.00

*** No Lessons on May 26, 2003, Memorial Day ***

Spring Schedule for 2003

March 29th - June 13th

The pool will be CLOSED:

Monday, May 26, 2003 for **Memorial Day**
Sunday, March 31, 2003 for **Cascade Meet**
Monday, Aug 11, 2003- Jan 2, 2004 for
Capital Project Improvements

Summer Swim League Info:

Dual Meets: Friday, July 11th
Registration: May 8th @ 7:00pm
Dual Meets: Friday, July 12th
*Dual Meets warm up start @ 5:00 pm
*Dual Meets start @ 6:00 pm
North Div Meet: Saturday, July 26th
All City Meet: Saturday, August 2nd
*Div Meet/All City Meet warm up @ 8:00 am
*Div Meet/All City Meet start @ 9:00 am

Things To Know

- ◆ Dimensions: 15 yd x 40 yd (lap area is 25 yd x 15 yd)
- ◆ Water Temperature: 85° F
- ◆ 72 lengths is 1 mile
- ◆ Served by Metro buses #317 and #302
- ◆ Pool lift and portable steps for non-ambulatory patrons
- ◆ Children 6 years and older must use the gender appropriate locker room
- ◆ Children under 4 feet tall must have an adult with them at all times in the water
- ◆ We accept MasterCard, Visa and American Express

Hours of Operation

Monday-Thursday..... 12:00pm - 8:30pm
Friday..... 12:00pm - 8:00pm
Saturday..... Pool Closed
Sunday..... 10:30am - 6:00pm

Pool Staff

David Gertsch Pool Coordinator
Barbara Marsh Assistant Coordinator
John Michael Yasutake P.P.T. Lifeguard
Stephanie Chinn P.P.T. Cashier
Paul Casler Pool Operator

\$\$\$ Admission Fees \$\$\$

Under 1 year old Free
Youth 18 years & younger \$2.25
Adults \$3.25
Seniors 65 years & older \$2.25
Sp. Pops \$2.25
Recreational Program Punch Card \$20.00

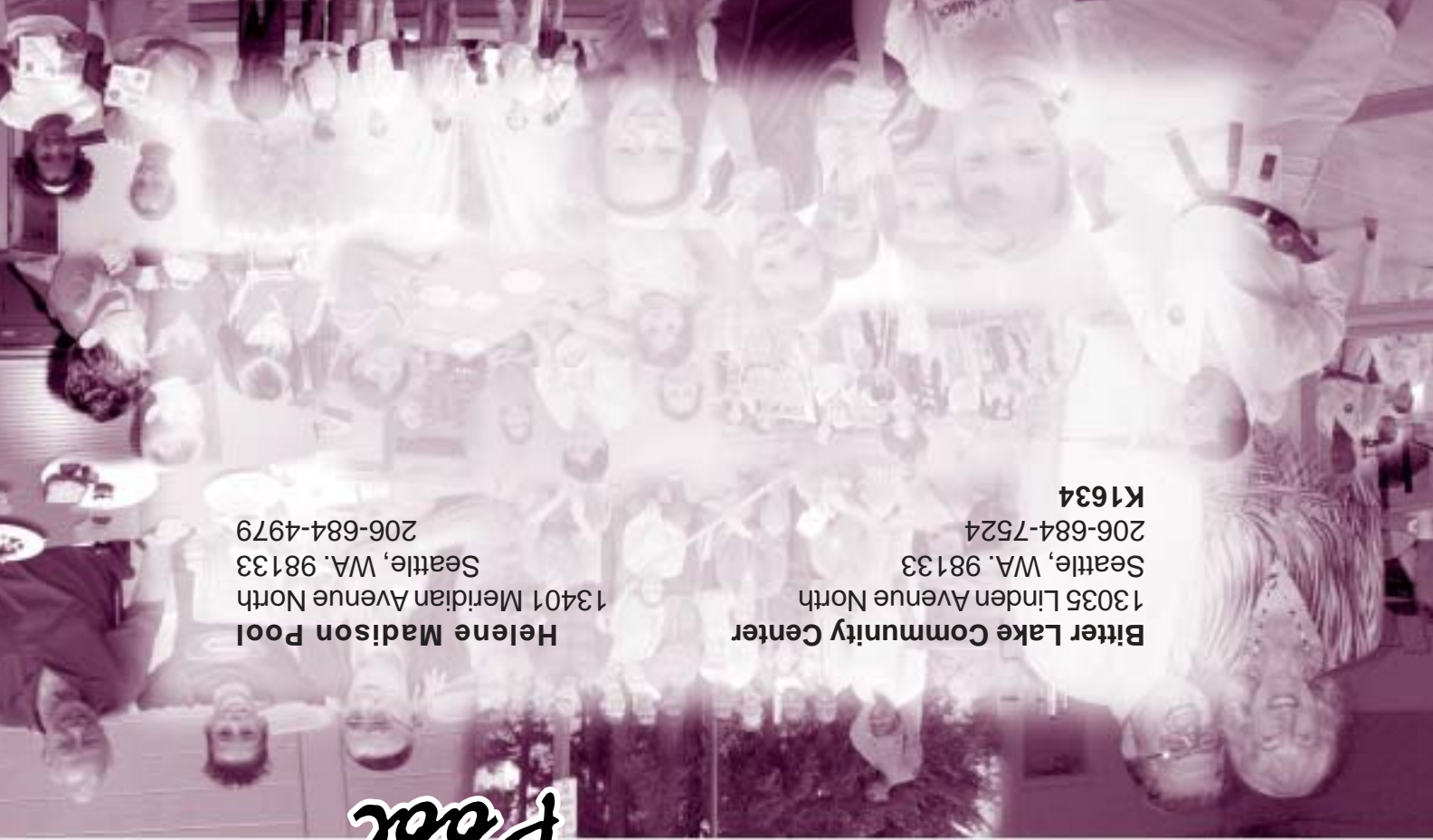
Recreational Programs:

Youth 18 years & younger \$2.50
Adults \$3.75
Seniors 65 years & older \$2.50
Sp. Pops \$2.50
Fitness Program Punch Card \$30.00

Fitness Programs:

Youth/Senior/Sp.Pop \$35.00
Adult \$45.00

Fast Pass Monthly Card:



Bitter Lake Community Center
13035 Linden Avenue North
Seattle, WA. 98133
206-684-7524
K1634

Helene Madison Pool
13401 Meridian Avenue North
Seattle, WA. 98133
206-684-4979

HELENE MADISON *Pool*



Spring
2003

Bitter Lake Community Center
13035 Linden Avenue North
Seattle, WA. 98133
206-684-7524

Helene Madison Pool
13401 Meridian Avenue North
Seattle, WA. 98133
206-684-4979

Also featuring Senior Adult Programs and Bitter Lake Family Center
www.ci.seattle.wa.us/seattle/parks